



TRIP GLOBAL

7-Day Amalfi Coast & Cinque Terre Itinerary

Amalfi Coast, Italy & Cinque Terre, Italy · June · 7 days

Tailored for couples - includes romantic spots, intimate dining, and couple-friendly activities

Four days on the Amalfi Coast based in Positano, then three in Monterosso al Mare on the Cinque Terre. Look forward to the Li Galli boat trip, the Path of the Gods and a swim in Vernazza's harbor.

Open the interactive trip: live map, photos and links

Before you go:

Get a Italy eSIM: data on landing

What this trip might cost, per person for 7 days, flights extra:

Budget \$640-830 · Mid-range \$990-1,300 · Comfort \$1,450-1,700

Opening hours, prices and transport change. Please double-check bookings and times before you go.

YOUR TRIP AT A GLANCE

1

DAY 1

Positano Beach and a Path of the Gods Viewpoint

Positano · 4 nights

2

DAY 2

Li Galli Islands by Boat and Praiano

3

DAY 3

Walking the Path of the Gods to Praiano

4

DAY 4

Amalfi Town, Atrani and a Trattoria Dinner

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DAY 5

Monterosso Beach and Via Roma

Monterosso al Mare · 3 nights

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DAY 6

Via dell'Amore to Vernazza and Corniglia

7

DAY 7

Vernazza Harbor and Sunset at Doria Castle

?

AFTER THE LAST DAY

Before you go: Amalfi Coast, Cinque Terre

Positano Beach and a Path of the Gods Viewpoint

Arrival day: an easy start close to your stay

Sunrise 5:31 AM

Golden hour 7:54 PM

Sunset 8:35 PM

Your base for 4 nights: Positano

Settle in at Spiaggia Grande, then walk up to the lower viewpoint on the Path of the Gods and finish at La Gavitella.

GO

12:30 PM · 1.5 hours

Salerno Station to Positano

Take the SITA bus from Salerno station (1 hour, EUR 3.60 one way) or arrange a private transfer (90 minutes, EUR 80-100 for two). Sit on the right side of the bus for sea views. Arrive by early afternoon.

- SITA bus (line 40 or similar) · 1 hour · EUR 2.50-3.50 per person (\$2.70-3.80)
- Shared minibus shuttle · 45 minutes · EUR 15-20 per person (\$16-22)
- Private taxi · 45 minutes · EUR 80-100 total for two (\$87-109)

[Book a transfer](#)

PREFER A GUIDE? · FULL DAY

Full-day boat tour to Emerald Grotto and Li Galli isles

You'll swim in hidden coves, drift past sea caves, and skip the crowded beaches without needing a car.

[Book this tour](#)

1



2:15 PM · 1.5 hours

Positano main beach (Spiaggia Grande)

Free

Drop your bag at your hotel and head straight down the main staircase to the beach. It's steep but manageable in 5 minutes. Swim in the clear Tyrrhenian water, rinse off salt at the lifeguard post, and relax with a drink. No currents here, very safe.

Insider tip: Bring a small towel; beach umbrellas cost EUR 8-10 per day. Arrive now to claim a spot before 3 PM crowds.

[Open in Google Maps >](#)

2

4:00 PM · 45 minutes

Path of the Gods (Sentiero degli Dei) lower viewpoint

Free

At 4 PM, climb back up to the village and walk east along the main street, then take the signposted path uphill towards Praiano. Stop at the first major viewpoint (15 minutes, easy) overlooking the beach and Li Galli islands. Watch the light shift as sunset approaches.

Insider tip: Wear trainers; the stone steps are smooth and steep. Skip the full trail today, just do the opening viewpoint.

[Open in Google Maps >](#)

DAY 1: POSITANO BEACH AND A PATH OF THE GODS VIEWPOINT (CONTINUED)

3

7:50 PM · 1.5 hours

Book ahead

La Gavitella

\$33-55 for dinner per person · Open 7:30 PM-11 PM (typical)

Book a table for 8 PM (reserve ahead by email or call +39 089 875 397). This clifftop restaurant overlooks Positano's lights and the sea. Order fresh pasta with local fish (pappardelle al ragù di pesce, EUR 16) and house wine. The view is the meal.

Insider tip: Request a table on the terrace. Sunset finishes around 8:35 PM; you'll catch the last light while eating.

[Open in Google Maps >](#)

If you land early (optional, close to your stay, before the plan above)

Positano market (Piazza del Mulino farmers' market): If you arrive by 10 AM, visit the local produce market. Open mornings only on weekdays. Browse lemons, tomatoes, and local cheeses, then grab a cornetto at a nearby bar.

[Open Day 1 as a route in Google Maps](#)

Where to stay in Positano

Book accommodation in central Positano, within a 5-minute walk of the main beach and the SITA bus stop. You'll be in the heart of the village with easy access to restaurants, the water, and transport to nearby towns.

Le Tre Sorelle

Budget · Guesthouse · \$

Family-run guesthouse with terrace views. Simple, clean, good value for Positano prices.

[Book now](#)

[Google Maps >](#)

Guesthouse Positano

Budget · Guesthouse · \$

Simple, friendly rooms. Rooftop terrace with sunset views. Budget-friendly base in the village.

[Book now](#)

[Google Maps >](#)

Residenza Luca Giordano

Budget · Apartment · \$

Budget apartment in Positano center. Kitchen included, good for couples watching spending.

[Book now](#)

[Google Maps >](#)

Hostel Positano

Budget · Hostel · \$

Budget option in town center. Private doubles available, communal kitchen, friendly atmosphere.

[Book now](#)

[Google Maps >](#)

Hotel Marincanto

Mid-range · Hotel · \$\$

Whitewashed rooms perched on the rocks. Balconies face the sea, great morning coffee spot.

[Book now](#)

[Google Maps >](#)

Positano Art Hotel

Mid-range · Hotel · \$\$

Design-forward rooms in the village center. Walking distance to shops, beach, and restaurants.

[Book now](#)

[Google Maps >](#)

DAY 1: POSITANO BEACH AND A PATH OF THE GODS VIEWPOINT (CONTINUED)

All stays in Positano

Holiday rentals

Where to eat

Da Vincenzo

Italian seafood · Lunch · \$\$

Casual spot right on the beach. Order fresh pasta with clams and local wine.

[Google Maps >](#)

La Gavitella Restaurant

Italian coastal · Dinner · \$\$\$

Terraced views down the cliffs. Book a table for sunset, try the fresh catch.

[Google Maps >](#)

TOURS & DAY TRIPS FROM AMALFI COAST

3-4 HOURS

Lemon grove and limoncello-making class

You'll understand why locals obsess over the fruit and come away with a bottle you actually made yourself.

[Book now](#)

3-4 HOURS

Ravello and Villa Rufolo skip-the-line entry

The belvedere views justify the detour from the coast, and you'll beat the queue that forms after 10am.

[Book now](#)

3 HOURS

Sunset hike from Praiano to Furore

The clifftop path has almost no crowds at sunset, the light turns the sea golden, and you'll end at a working fishing village.

[Book now](#)

Li Galli Islands by Boat and Praiano

Sunrise 5:31 AM

Golden hour 7:54 PM

Sunset 8:35 PM

Sleep in Positano · night 2 of 4

Take the boat from Positano Marina out to the Li Galli Islands, then spend the afternoon on the Praiano waterfront before heading back.

1



8:45 AM · 6 hours

Book ahead

Positano Marina to Li Galli Islands boat tour

\$38-49 per person

A half-day or full-day boat trip (8-10 hours) departing from Positano marina around 9 AM. You'll visit the Li Galli islands, swim in emerald coves and sea caves, and explore spots inaccessible by land. Book ahead or ask your hotel the night before; several operators run daily tours in season.

Insider tip: Bring your own snorkel and mask; boat-provided gear is worn. Wear reef-safe sunscreen and leave by 2 PM to catch lunch in Praiano.

Book tickets

Open in Google Maps >

PREFER A GUIDE? · HALF DAY

Fornillo Beach and Praiano village half-day

Smaller and sandier than Positano's main beach, with excellent pasta restaurants and calmer water for swimming.

Book this tour

2



2:30 PM · 2 hours

Praiano waterfront

Free

A small fishing village between Positano and Amalfi, perched on cliffs with a pebble beach and boat dock below. Swim in calm water then have lunch at a harborside restaurant. A 15-minute boat ride or 40-minute walk from Positano along the Path of the Gods.

Insider tip: Eat at La Gavitella or Trattoria l'Africana for fresh catch and local wine. Arrive by 2:45 PM to secure a table with water views.

Open in Google Maps >

3



7:00 PM · 1.5 hours

Praiano to Positano

EUR 2-3 per person (\$2.20-3.30)

Return to Positano by boat during golden hour, leaving Praiano around 7 PM. The sun sets behind the cliffs at 8:35 PM. You'll drift past the vertical stacked houses of Positano glowing orange as the light fades.

Insider tip: Sit on the port side of the boat for the best angle on Positano's sunset silhouette. Bring a light sweater; the sea breeze cools after sunset.

Open in Google Maps >

Open Day 2 as a route in Google Maps

DAY 2: LI GALLI ISLANDS BY BOAT AND PRAIANO (CONTINUED)

Where to eat

Da Adolfo

Seafood · Lunch · \$\$

Beachfront shack in Praiano. Fresh catch, cold wine, feet in sand. Order the daily fish.

[Google Maps >](#)

La Gavitella

Italian · Dinner · \$\$

Back in Positano, terrace over cliffs. Handmade pasta, local white wine, view stretches forever.

[Google Maps >](#)

Walking the Path of the Gods to Praiano

Sunrise 5:31 AM

Golden hour 7:54 PM

Sunset 8:35 PM

Sleep in Positano · night 3 of 4

Do the full Path of the Gods walk in the morning, then relax at Praiano's harbor and beach.

1



8:45 AM · 3 hours

Sentiero degli Dei (Path of the Gods)

Free

This is the crown jewel: a 7.2 km coastal hike with near-constant sea views, wildflowers in June, and zero crowds if you start early. You'll descend from Praiano through terraced lemon groves and switchbacks to Positano. Moderate to easy, about 3 hours. From Praiano town center, follow signs uphill (or ask locally) to the trailhead; it's about a 10-minute walk from the bus stop.

Insider tip: Start by 8:45 AM and you'll have the path almost to yourself. Bring two liters of water; no fountains along the way.

[Open in Google Maps >](#)

2



2:00 PM · 1.5 hours

Praiano harbor and beach

Free

After lunch, spend an hour swimming or floating in the small cove beach right by the village. The water is clear, the beach is tucked away from the main road, and it's low-key. A 1-minute walk from the restaurant.

Insider tip: Bring a small towel; the beach has no facilities. Go straight from lunch into the water while it's still quiet.

[Open in Google Maps >](#)
[Open Day 3 as a route in Google Maps](#)

Where to eat

Da Adolfo

Seafood · Lunch · \$\$

Beachfront shack in Praiano with grilled fish and limoncello. Order the catch of the day.

[Google Maps >](#)

La Gavitella Restaurant

Italian Mediterranean · Dinner · \$\$

Positano favorite with pasta and local wine. Sit on the terrace, order house special pasta.

[Google Maps >](#)

Amalfi Town, Atrani and a Trattoria Dinner

Sunrise 5:31 AM

Golden hour 7:54 PM

Sunset 8:35 PM

Sleep in Positano · night 4 of 4

Visit Sant'Andrea cathedral and the market stalls in Amalfi, walk up through Atrani's terraces, then have dinner at a family-run trattoria.

1



8:00 AM · 1.5 hours

Cathédrale di Sant'Andrea

Free (small donations accepted) · Open 8 AM-1 PM, 4 PM-7 PM

The Amalfi Coast's most important church, built in the 9th century with a bronze door cast in Constantinople and the relics of St. Andrew inside. The white and black marble cloister is equally striking. Head up before 9 AM to beat tour groups. From Positano, take the SITA bus toward Amalfi (1.5 hours, EUR 2.50); it stops right at the cathedral.

Insider tip: Skip the morning crowds by arriving before 9 AM. The cloister is often less busy than the cathedral itself.

[Book tickets](#)
[Open in Google Maps >](#)

2



10:00 AM · 1.5 hours

Amalfi Town market and food stalls

\$16-27 for light lunch per person · Open 9 AM-1 PM (stalls peak)

Wander the narrow streets around Piazza Duomo and the covered market for local lemons, mozzarella, cured meats and fresh pasta. Stop at a stall for a sfogliatella (pastry) and espresso. A 5-minute walk from the cathedral down the main shopping street.

Insider tip: Go mid-morning when the market is busy but not chaotic. Buy a wedge of fresh mozzarella di bufala to snack on later.

[Open in Google Maps >](#)

3



12:00 PM · 2.5 hours

Atrani village terraces

Free

The smallest municipality on the coast, Atrani sits on a vertical cliff with narrow lanes and quiet piazzas. Wander the steps and find a terrace café for lunch. From Amalfi town, take the SITA bus east for 10 minutes (EUR 1.30) or a scenic 20-minute walk along the coast road.

Insider tip: Grab a table at a terrace facing the sea; locals know the crowds hit Amalfi, not Atrani. Order fresh fish pasta.

[Open in Google Maps >](#)

4

9:00 PM · 1.5 hours

Book ahead

Dinner at a family-run trattoria in Amalfi

\$38-60 per person for dinner · Open 7 PM-11 PM (typical)

Book ahead at a small spot serving fresh catch of the day, handmade ravioli, and local wine. Restaurants here are serious about ingredients and portion size. Back in Amalfi or stay in Atrani (10-minute bus or walk).

Insider tip: Ask the waiter what fish came in today and order that, not the menu favorites. Skip big tourist spots on the main piazza.

[Open in Google Maps >](#)

Open Day 4 as a route in Google Maps

Where to eat

Da Gemma

Campanian · Lunch · \$\$

Family-run since 1872. Try handmade scialatielli ai frutti di mare, sit upstairs.

[Google Maps >](#)

Pasticceria Pansa

Pastry/Cafe · Breakfast · \$

Historic pasticceria. Sfogliatella and espresso before exploring Amalfi's centro.

[Google Maps >](#)

Taverna Masaniello

Seafood · Dinner · \$\$

Intimate spot in Atrani village. Fresh pasta with local catch, terrace overlooks harbor.

[Google Maps >](#)

Monterosso Beach and Via Roma

Sunrise 5:38 AM

Golden hour 8:23 PM

Sunset 9:07 PM

Your base for 3 nights: Monterosso al Mare

Arrive in Monterosso al Mare, then spend the day on the beach, along Via Roma and on the waterfront.

GO

8:00 AM · 4 hours

Positano to Monterosso al Mare

SITA bus to Salerno (1.5 hours, EUR 2.50), then Trenitalia regional train to Monterosso (2.5 hours, EUR 8-15). Scenic coastal drive, then a slower climb into the mountains and down to the Cinque Terre coast. Arrive around 3:30 PM.

- SITA Bus · 1.5 hours · \$8-12 per person
- Private transfer · 50 minutes · \$60-80 per person
- Ferry (seasonal) · 45 minutes · \$15-20 per person

[Or book a private transfer](#)

1



4:00 PM · 1 hour

Monterosso Beach

Free

Long sandy beach backed by pastel buildings. Drop your bag, change, and jump in for a 20-minute swim to shake off the journey. A 2-minute walk from the train station downhill.

Insider tip: The far left side (towards the breakwater) is quieter. Water is coolest in the morning; still pleasant at 4 PM.

[Open in Google Maps >](#)

2



5:15 PM · 45 minutes

Via Roma

The old town's main pedestrian street, lined with restaurants, delis and wine bars. Wander, pick up fresh focaccia and local lemons for your room, and get the feel of the village. A 3-minute walk uphill from the beach.

Insider tip: Stop at Bottega Basso for burrata and anchovies; Vernazza Bakery for focaccia. Quieter in June than July, but still expect tourists.

[Open in Google Maps >](#)

3



8:15 PM · 1 hour

Monterosso Waterfront

Head to the small harbour or the rocky breakwater on the eastern edge of the beach as the sun drops. Golden light on the old buildings, fishing boats, and the water. Walk back down towards the beach, 5 minutes from Via Roma.

Insider tip: Stand on the stone pier at the harbour's east side for the clearest view of the sunset. Have a spritz at one of the waterfront tables and watch the light change.

[Open in Google Maps >](#)
[Open Day 5 as a route in Google Maps](#)

Where to stay in Monterosso al Mare

Book accommodation near the train station or along Via Roma in the old town: you'll walk to restaurants, the beach, and the station easily. The beachfront has fewer tourists than the harbour side.

Vernazza Rooms

Budget · Guesthouse · \$

Steep climb but worth it. Tiny village charm, shared terrace. Quiet from day-trippers.

[Book now](#)

[Google Maps >](#)

Monterosso al Mare Youth Hostel

Budget · Hostel · \$

Central location, private doubles available. Social vibe, kitchen access, budget-friendly base.

[Book now](#)

[Google Maps >](#)

Camere Rooms Vernazzo

Budget · Guesthouse · \$

In Vernazzo itself. Stay the night after sunset, wake to the piazza.

[Book now](#)

[Google Maps >](#)

Rooms Elisabetta Carro

Mid-range · Guesthouse · \$\$

Central Monterosso. Family-run, harbor views, no fuss. Book their breakfast too.

[Book now](#)

[Google Maps >](#)

Monterosso al Mare

Mid-range · Hotel · \$\$

Beachfront hotel. Pool, calm feel. Best base for early swims before crowds arrive.

[Book now](#)

[Google Maps >](#)

Rooms Francamaria

Mid-range · Guesthouse · \$\$

Vernazza harbor room. Double bed, shared bath. Waking to the sea beats anywhere else.

[Book now](#)

[Google Maps >](#)

[All stays in Monterosso al Mare](#)

[Holiday rentals](#)

Where to eat

Panificio Elisabetta Carro

Bakery · Breakfast · \$

Grab cornetto and espresso before your bus. Locals only, tiny counter, arrive by 7:30am.

[Google Maps >](#)

Belforte

Seafood · Lunch · \$\$

In Salerno near the station. Fresh pasta with clams, 15 mins from platform. Casual, quick.

[Google Maps >](#)

Gambero Rosso

Seafood · Dinner · \$\$

Waterfront in Monterosso. Pesto pasta, grilled fish. Arrive by 8pm before the light fades.

[Google Maps >](#)

DAY 5: MONTEROSSO BEACH AND VIA ROMA (CONTINUED)

TOURS & DAY TRIPS FROM CINQUE TERRE

FULL DAY OR HALF DAY (3-4 HOUR)

Boat tour along the coast

You'll swim in coves you can't reach by land, see all five villages from the water, and catch the sunset from the boat.

[Book now](#)

3-4 HOURS

Food tour in Vernazza or Manarola

A local guide takes you to family-run restaurants and teaches you about local specialities like fresh pasta and pesto, with wine and tastings included.

[Book now](#)

FULL DAY

Hiking trail and swimming day

Walk the scenic coastal paths connecting the villages and stop to swim at small platforms and beaches between Vernazza and Manarola.

[Book now](#)

FLEXIBLE, VALID 1-2 DAYS

Skip-the-line ferry and village pass combo

Ferry between villages without waiting in queues, plus access to all hiking trails and a wine tasting in one of the villages.

[Book now](#)

Via dell'Amore to Vernazza and Corniglia

Sunrise 5:38 AM

Golden hour 8:23 PM

Sunset 9:07 PM

Sleep in Monterosso al Mare · night 2 of 3

Start with a beach morning in Monterosso, walk Via dell'Amore to Vernazza for a harbor swim, then hike on toward Corniglia.

1



7:30 AM · 45 minutes

Monterosso al Mare Beach

Free

Start with a swim in your home beach to warm up. Clear water, sandy shore, good facilities. Walk straight down from Piazza Garibaldi.

Insider tip: Go early to beat families. The water's calmest at dawn and coldest (refreshing, not shocking).

[Open in Google Maps >](#)

2

8:30 AM · 1 hour

Via dell'Amore to Vernazzo

Free

The easiest and most dramatic path: a flat 30-minute clifftop walk with sea views the whole way. Carved into the rock above turquoise water. You'll arrive at Vernazzo's tiny harbour from above.

Insider tip: Start by 8:45 AM before tour groups. The path is exposed and the light's harshest by 10 AM.

[Open in Google Maps >](#)

3

9:45 AM · 1 hour

Vernazzo Harbour Swim

Free

Jump off the dock or wade in from the small beach. Water's deep, clean and stunning. Grab coffee at a harborside bar after. A 5-minute scramble from the trail end.

Insider tip: Bring a small bag to leave on a cafe chair. The water's deepest and safest near the dock's right side.

[Open in Google Maps >](#)

PREFER A GUIDE? · 3 HOURS

Sunset hike and aperitivo

Walk from Corniglia to Vernazzo during golden hour, then end with a drink on the waterfront as the sun sets behind the cliffs.

[Book this tour](#)

4

11:00 AM · 1.5 hours

Vernazzo to Corniglia Trail

Free

A steep 45-minute climb through terraced vineyards with your only break: Corniglia, the village without a beach, perched highest of all. The views back down the coast justify the legs. The trail starts behind the church.

Insider tip: Take it slow in the heat. Corniglia's tiny and quiet. The descent on the far side is steeper than the climb.

[Open in Google Maps >](#)

5

12:45 PM · 30 minutes

Corniglia Viewpoint (Town Centre)

Free

Sit in the small piazza near the church with a cold drink. You're 100m above the sea with a view of all five villages strung along the coast. Quiet and luminous in the midday light.

Insider tip: Order a spritz and focaccia at one of the two bars. This is your only real break before lunch.

[Open in Google Maps >](#)

6

1:15 PM · 45 minutes

Corniglia to Manarola Trail

Free

A steep 20-minute descent through more vineyards, ending at Manarola's colourful houses tumbling to the water. Arrive hungry. The trail ends by the train station.

Insider tip: Your knees will feel it. Trekking poles help. The village's famous at golden hour but it's packed by 5 PM.

[Open in Google Maps >](#)

7

2:00 PM · 1.5 hours

Book ahead

Nessun Dorma

\$22-33 per person for dinner · Open 12 PM-11 PM

Book a waterfront table for lunch. Trofie al pesto, fresh fish, cold wine. The kitchen's small but consistent. You're sitting inches from the sea.

Insider tip: Ring ahead to book a table. The pesto uses local basil. Skip dessert, eat gelato on the walk instead.

[Open in Google Maps >](#)

DAY 6: VIA DELL'AMORE TO VERNAZZA AND CORNIGLIA (CONTINUED)

8



3:30 PM · 45 minutes

Manarola Harbour Swim

Free

The water here's deep and surprisingly warm by afternoon. Jump in from the rocks near the restaurant or wade from a small patch of sand. Post-lunch dip to rinse off sweat.

Insider tip: The rocks on the north side have natural steps. Bring a waterproof bag for your phone.

[Open in Google Maps >](#)

9



4:30 PM · 30 minutes

Manarola to Riomaggiore Train

\$4-5 per person

You can walk the scenic Via dell'Amore's eastern half (20 minutes, flat, stunning) or take the train if legs are done (5 minutes, 2 euros). Either way, you'll arrive at the southernmost village as light softens.

Insider tip: If hiking, go slowly. The light's best between 5 and 6 PM. The train runs every 10-15 minutes.

[Open in Google Maps >](#)

10



5:15 PM · 1.5 hours

Riomaggiore Harbour and Town

Free

Wander the caruggi (narrow alleys), swim in the small harbour if you've got energy left, or just sit on the waterfront with a drink. Less touristy than Vernazzo. Quieter air.

Insider tip: The gelato at Franco Basso is excellent. The left side of the harbour's got a natural shelf to jump from.

[Open in Google Maps >](#)

GO

6:45 PM · 20 minutes

Train back to Monterosso al Mare

A 12-minute journey north along the coast as the light turns gold. You'll arrive back at your base ready for a shower and dinner. Trains run every 10-15 minutes.

[Open Day 6 as a route in Google Maps](#)

DAY 6: VIA DELL'AMORE TO VERNAZZA AND CORNIGLIA (CONTINUED)

Where to eat

Belforte

Ligurian seafood · Lunch · \$\$

Vernazza harborside. Pesto pasta and fresh catch. Grab a table on the terrace.

[Google Maps >](#)

Gambero Rosso

Italian regional · Dinner · \$\$

Manarola village center. Trofie al pesto, anchovies, local wine. Book ahead.

[Google Maps >](#)

Caffè Matteo

Cafe, Italian · Breakfast · \$

Monterosso. Cornetto and espresso before 7am start. Gets crowded fast.

[Google Maps >](#)

Vernazza Harbor and Sunset at Doria Castle

Sunrise 5:38 AM

Golden hour 8:23 PM

Sunset 9:07 PM

Sleep in Monterosso al Mare · night 3 of 3

Spend a slow day around Vernazza's harbor, then climb to Doria Castle for the sunset on your last evening.

GO

9:15 AM · 30 minutes

Monterosso al Mare to Vernazza

Train from Monterosso to Vernazza (5 minutes, EUR 2.40). The rail hugs the coast and drops you steps from the harbor. Arrive by 9:30 AM to claim a good spot on the rocks before swimmers fill it.

- Cinque Terre train · 5 minutes · \$4-5 per person
- Hiking trail · 30 minutes · Free

1



9:45 AM · 90 minutes

Vernazza Harbor

Free

Swim in the Ligurian Sea from the jumble of rocks and small beach at the harbor's edge. Water's clear, warm in June, and locals dive off the rocks. Rinse in the public shower tucked behind the waterfront bar. A 2-minute walk from the train station, left down to the water.

Insider tip: Bring a quick-dry towel. The rocks are slippery; wear water shoes or go barefoot and step carefully.

[Open in Google Maps >](#)

2

8:00 PM · 75 minutes

Doria Castle Sunset

Free

Stay at the castle ruins through golden hour and sunset (8:23-9:07 PM). Watch the light paint the five villages gold, then apricot, then grey. The sea turns mirror-bright. Sit on the rocks, say nothing, and soak it in. You're already here from the hike.

Insider tip: Bring a sweater; it cools fast at height. The descent is tricky in the dark, so start back by 9:20 PM with a phone torch.

[Open in Google Maps >](#)

GO

9:30 PM · 20 minutes

Vernazza to Monterosso al Mare

Train from Vernazza back to Monterosso (5 minutes, EUR 2.40). Last train is around 11:15 PM, so you've got time. A final harbor-to-harbor evening ride to cap the trip.

- Cinque Terre train · 5 minutes · \$4-5 per person
- Hiking trail · 30 minutes · Free

[Open Day 7 as a route in Google Maps](#)

DAY 7: VERNAZZA HARBOR AND SUNSET AT DORIA CASTLE (CONTINUED)

Where to eat

Belforte

Ligurian seafood · Lunch · \$\$

Harborside tables in Vernazzo. Order the trofie al pesto and grilled branzino.

[Google Maps >](#)

Gambero Rosso

Italian · Dinner · \$\$

Back in Monterosso, uphill from the beach. Local wine, fresh pasta, no rush.

[Google Maps >](#)

BEFORE YOU GO: AMALFI COAST

Which boat tour should we do?

Book a half-day tour from Positano to Emerald Grotto and Li Galli islands (EUR 40-50 per person, 4 hours) rather than all-day trips. June water is clear, you'll swim twice, and you're back by early afternoon.

Where's the best sunset on the coast?

Ravello's Piazza Duomo at 8:45pm in June, or the Path of the Gods (Sentiero degli Dei) at the Praiano end around 8:30pm. Both are free, crowded but worth it, and you can eat nearby after.

Is the water warm enough to swim in June?

Yes, 22-24°C (72-75°F) is comfortable for most; bring a light wetsuit if you're sensitive to cold. Marina Grande in Amalfi and Spiaggia Grande in Positano are the safest spots with good access and no currents.

What food should we eat here?

Pasta alla Nerano (zucchini and cheese), fresh anchovies, seafood pasta, and sfusato lemons in desserts. Eat lunch at family trattorias, not fancy waterfront spots; ask your hotel to recommend one in the village.

What's the weather like in Amalfi Coast in June?

Expect 24-26°C (75-79°F) with occasional rain. Pack light clothes, sunscreen, a thin layer for evenings, and comfortable walking shoes for the steep village paths.

Do people speak English in Amalfi Coast?

Spoken here: Italian. English is widely spoken in hotels, restaurants, and tourist areas, but rural villages and local shops may use Italian only.

Useful phrases:

- Buongiorno (bwoh-noh-JOR-noh): hello (morning)
- Un caffè, per favore (oon kah-FEH, pair fah-VOR-eh): one coffee, please
- Quanto costa? (KWAN-toh KOHS-tah): how much does it cost?
- L'acqua del rubinetto (LAH-kwah dehl roo-bee-NET-toh): tap water
- Spiaggia (SPEE-ah-jah): beach

Is Amalfi Coast safe for visitors?

The coastal roads are narrow and winding, but you're using public transport so that's not your worry. Watch your belongings on crowded boats and buses.

What's the emergency number in Italy?

Call 112 for police, ambulance or fire. It's free and works from any phone, including a foreign mobile.

Do you tip in Italy?

Tipping isn't expected but appreciated. Leave 5-10% at restaurants if service is good, or round up the bill. Tip taxi drivers and boat captains a euro or two.

BEFORE YOU GO (CONTINUED)

What do only locals know about Amalfi Coast?

- Buy groceries from village shops or the market in Salerno, not tourist restaurants, to eat well without spending a fortune.
- The SITA bus system runs the coast but gets packed mid-morning; travel early or late afternoon for a seat and actual breathing room.
- Lemon liqueur (limoncello) is produced everywhere; grab a bottle from a family producer rather than gift shops.
- The water's clearest and warmest on the southern-facing beaches, particularly near Praiano and Furore.

BEFORE YOU GO: CINQUE TERRE

Can we swim in June and where should we go?

Water hits 19-20°C (66-68°F) in June, so it's cool but doable. Vernazza has the best natural cove with no beach, jump from rocks. Monterosso has a proper sandy beach with rentals. Manarola's harbourside rocks are good for braver swimmers.

Which sunset spot is actually worth going to?

Vernazza's waterfront, standing on the rocks at the harbourside café around 8.45pm in June. Book a table, order wine, stay for the light. Manarola's train station platform is free but packed.

Should we do the ferry or hike between villages?

Do both. Ferry once to rest your legs and see the coast from water. Hike at least two sections, Monterosso to Vernazza to Corniglia are the highlights. Trails take 45 mins to 2 hours depending on pace and stops.

What's the weather like in Cinque Terre in June?

Expect 22-26°C (72-79°F), mostly dry and sunny. Pack light clothes, a swimming costume, and sunscreen. Bring a light jacket for evenings.

Do people speak English in Cinque Terre?

Spoken here: Italian. English is spoken in restaurants and hotels, but rarely in shops or on the street. A translation app helps.

Useful phrases:

- Buongiorno (bwon-JOR-no): Good morning
- Un caffè, per favore (oon cah-FEH pair fah-VOR-eh): A coffee, please
- Quanto costa? (KWAN-to COS-ta): How much does it cost?
- Dov'è la spiaggia? (doh-VEH lah spee-AH-jah): Where's the beach?
- Grazie (GRAHT-see-eh): Thank you

Is Cinque Terre safe for visitors?

The hiking trails are steep and rocky, so wear proper shoes and start early to avoid midday heat and crowds. Pickpocketing happens on busy trains and platforms.

What's the emergency number in Italy?

Call 112 for police, ambulance or fire. It's free and works from any phone, including a foreign mobile.

Do you tip in Italy?

Tipping isn't expected. Round up the bill or leave 5-10% at restaurants if service was good. Boat captains and hiking guides appreciate EUR 2-5.

What do only locals know about Cinque Terre?

- Book restaurant tables ahead, especially on weekends. Walk up to quieter terraces instead of sitting on the main piazza.
- Buy a Cinque Terre Card (EUR 14 for two days) to access the hiking trails and local trains between villages.
- The best swimming is in Vernazza and Manarola, where there are small beaches and natural platforms to jump from.
- Arrive at viewpoints by 7.30pm for sunset without crowds. Manarola's piazza or the path between Corniglia and Vernazza are your best bets.